

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Fiber, total dietary (g) ; Carbohydrate, by difference (g)

Food Groups: Nut and Seed Products
Food Subset: All Foods
Ordered by: Food Name
Measured by: Household
Report Run at: November 14, 2015 17:19 EST

NDB_No	Description	Weight(g)	Measure	Fiber, total dietary(g) Per Measure	Carbohydrate, by difference(g) Per Measure
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	1.6	3.01
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	1.6	3.01
12071	Nuts, almond paste	28.35	1.0 oz	1.4	13.55
12061	Nuts, almonds	143.0	1.0 cup, whole	17.9	30.82
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	14.4	27.07
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	15.0	28.99
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	15.0	28.99
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	19.7	40.18
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	16.5	27.76
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	16.5	27.76
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	3.0	5.00
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	16.5	27.76
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	10.0	15.61
12084	Nuts, butternuts, dried	120.0	1.0 cup	5.6	14.46
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.5	4.85
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.3	4.41
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	4.1	44.79
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	4.1	44.79
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	4.3	38.91
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	4.3	38.53
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.9	8.56
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	3.3	21.92
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	11.7	66.03
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	7.3	75.73
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.0	10.11
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.3	1.00
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	4.6	6.70
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	3.5	31.50

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12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	8.4	44.07
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	4.2	44.33
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	7.2	12.18
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	5.3	13.30
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	2.6	8.90
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	1.5	5.89
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	1.5	6.71
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	14.4	34.26
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	11.2	19.20
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	3.1	4.82
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	2.7	4.99
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	7.7	21.90
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	10.6	16.94
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	10.6	17.66
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	11.5	18.52
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	9.4	25.11
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	11.9	33.09
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	12.3	34.73
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	8.4	29.37
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	2.0	5.97
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	9.4	28.21
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	9.4	28.21
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	2.0	7.09
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	7.9	32.07
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	7.9	32.07
12142	Nuts, pecans	109.0	1.0 cup, chopped	10.5	15.11
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	2.7	3.84
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	2.7	3.84
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	10.4	14.31
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	10.4	14.31
12147	Nuts, pine nuts, dried	135.0	1.0 cup	5.0	17.66
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	3.0	5.47
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	12.7	33.89
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	12.7	34.78
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	13.0	33.42

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12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	8.5	11.98
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	2.0	5.00
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	7.8	16.04
12156	Nuts, walnuts, glazed	28.0	1.0 oz	1.0	13.33
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	1.4	9.07
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	1.5	8.29
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	1.7	11.37
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	23.8	127.02
12006	Seeds, chia seeds, dried	28.35	1.0 oz	9.8	11.94
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	2.8	38.11
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	8.2	32.63
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	2.8	2.97
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	1.2	2.60
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	7.7	13.82
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	7.7	17.36
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	7.7	17.36
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	11.8	34.40
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	11.8	34.40
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.9	3.85
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	1.4	3.93
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	1.4	3.18
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	1.3	2.50
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0.7	3.22
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	17.4	17.60
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	21.6	33.33
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	21.6	33.33
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	17.0	33.77
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	4.0	7.30
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.9	3.73
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.9	3.73
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	3.3	22.93
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	11.5	19.60
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	4.0	9.20